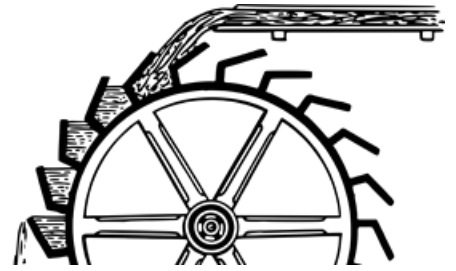


# Step Back in Time

DCR State Parks of the Central Valley District

## TRIP-TIP SELF-GUIDED ADVENTURE

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### Welcome

See history come to life as you walk the trails at these three parks. This self-guided “**Trip-Tip**” features three DCR parks, **Blackstone River and Canal Heritage State Park**, **Upton State Forest**, and **Moore State Park**, located close to one another in Central Massachusetts. History reveals itself in the landscape. Discover evidence of early mill villages, America’s industrial revolution and find out who built our nation’s early forests and recreation areas.

This “**Trip-Tip**” gives families the information needed and some fun ideas to explore the great outdoors during wintertime. With a little preparation and a sense of adventure, people of all ages can safely enjoy our outdoor spaces during our coldest months.

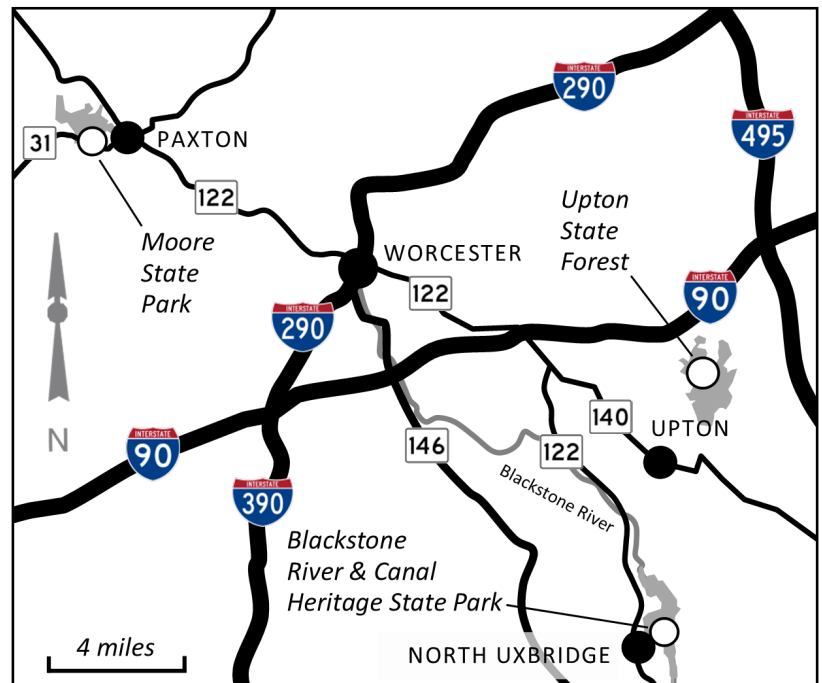
### Share Your Adventure!

Share your Trip-Tip adventure with others through word of mouth, or on social media using the hashtags **#massdcr** and **#dcrtrip**.

### Things To Know, Before You Go

Please follow all rules and regulations posted at each park. Be a good steward of our parks by leaving no trace. Dress for the weather and limit your exposure to low temperatures. Remember during your park visit:

- Carry-in, carry-out all of your belongings, including trash.
- For your safety and to preserve our historic resources, please stay on the designated trails and paved surfaces, and stay off the historic walls and foundations.
- All pets on 10-foot maximum leash, attended to at all times. Clean-up after your pet and dispose of waste off-site.
- Observe all posted rules and regulations.
- Be aware of hunting seasons and wear blaze orange when appropriate.



## Blackstone River and Canal Heritage State Park

287 Oak Street, Uxbridge, MA 01569

**Phone:** (508) 278-7604

**Website:** [www.mass.gov/locations/blackstone-river-and-canal-heritage-state-park](http://www.mass.gov/locations/blackstone-river-and-canal-heritage-state-park)

**Hours:** Sunrise to sunset

**Parking:** Free parking is available onsite

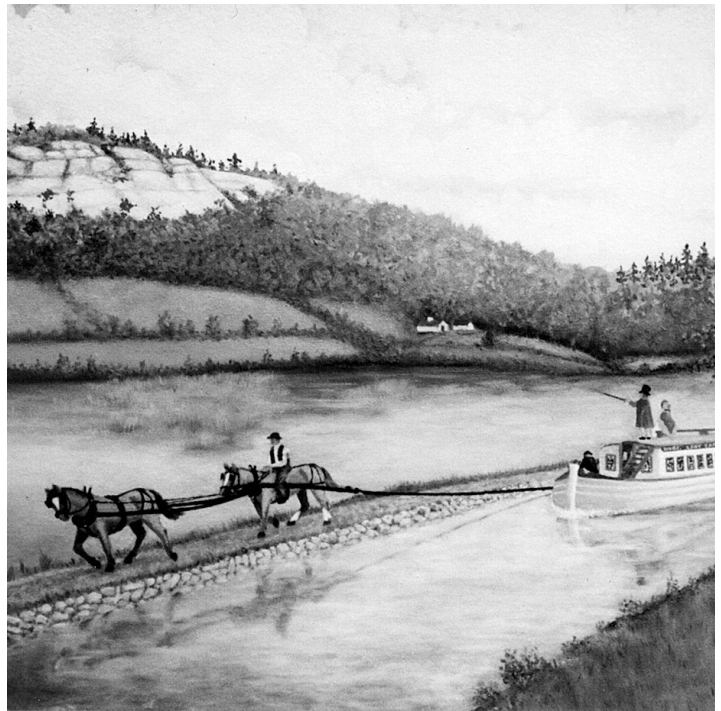
**Restrooms:** Restrooms available daily 9 AM to 3 PM

### Step back in time

The Blackstone was once the “hardest working river” in America. Explore the Blackstone Canal which carried goods and people 45 miles from Providence, RI to Worcester, MA. Along the banks of the Blackstone River, factories produced the goods people desired using the power of the river and used the canal to get them to market. See the story of America’s transition from farm to factory, along the Towpath at Blackstone.

**Towpath Walk** – The canal was like a transportation highway. Walk the 2-mile round-trip towpath walk and see where America’s early industrial history began. Follow the second half of the self-guided [Towpath Walk](#) (stops 8-12), available on the DCR website. Start at the Visitor Center and follow the tow path to the Stanley Woolen Mill. Along the way you will see a dam and control gate, the remains of a bridge, and the Stanley Woolen Mill which used the waterpower from the canal to operate its machinery.

**Looking for a little more?** After returning to the Stone Arch Bridge (8), continue north along the towpath to the Goat Hill Lock (5), approximately a ½ mile. Goat Hill Lock is a great example of a canal lock system. Look at the massive cut stones. Imagine the canal barges lowering and rising within the lock to make their destination. Can you find see where the wooden gates would have been? There were 48 locks on the canal!



## Upton State Forest

205 Westboro Road, Upton, MA 01568

**Phone:** (508) 278-7604

**Website:** [www.mass.gov/locations/upton-state-forest](http://www.mass.gov/locations/upton-state-forest)

**Hours:** Sunrise to sunset

**Parking:** Free parking is available onsite

**Restrooms:** No public restroom access currently due to COVID restrictions.

## Who built this park?

Many people today do not know it, but a group of young men in the 1930s made our park system possible. The “boys” of the Civilian Conservation Corps (CCC) worked on parks all over the country, both state parks, and national parks. They built trails, campgrounds, even dams and ponds. Upton State Forest is one of the few remaining parks, and the only one in Massachusetts, where you can clearly see the remains of the CCC camp, including the Headquarters building.

**Stand in front of the Headquarters building.** Look out across the former parade grounds of the CCC camp and locate the flag-pole. Scan to find the remnant foundations of each building including the barracks, mess hall, recreation hall, supply building, and washroom, laid out around a parade ground. Can you find the location of all nine buildings including the remaining headquarters and infirmary? Imagine this working camp in the 1930s busy with 200 CCC enrollees moving about the campus or heading to out to work in the forest.



After you are done exploring the camp area, take a walk on the **Healthy Heart Loop**. This moderate, hike follows the wide CCC built Park Road, Middle Road and the forested Warbler Trail through Upton State Forest. The hike will take you through the forest to Dean pond and back to the parking lot at CCC Way. **Look for the work of the CCC**, including watering holes for forest fire suppression, and recreation features such as vistas, picnic areas, and fireplaces. Historic stone walls and cellar holes that pre-date the CCC can be seen along this loop is 2.75 miles on gravel and forested trails. Trails are shared by hikers, bicyclists, and equestrians, please allow bicyclists and equestrians to pass.

Check out some of the other state parks in Massachusetts that the Civilian Conservation Corps worked on. These parks include [Mount Greylock State Reservation](#), [Wachusett Mountain State Reservation](#), [Harold Parker State Forest](#), and [Myles Standish State Forest](#).

## Moore State Park

1 Sawmill Road, Paxton, MA 01612

**Phone:** (508) 792-3969

**Website:** <https://www.mass.gov/locations/moore-state-park>

**Hours:** Sunrise to sunset

**Parking:** Free parking is available onsite







**Restrooms:** No public restroom access currently due to COVID restrictions.

**Can you here the babbling brook?** Can you imagine this now a quiet park, once a busy village? Where Moore State Park stands today, there used to be a Mill Village harnessing the power of the brook.

**Water Power Walk** – Take our self-guided [Water Power Walk](#) and explore the remains of the mill village that was built on this site and see how they used the creek to power the mills that were the heart of the village. The Water Power Walk is about ¼ mile over easy terrain. For your own safety and to preserve our historic re-

sources, please stay on the trails and paved surfaces, and stay off the historic walls and foundations. Can you imagine living and working in this mill village? Which job would you have picked to do?

During your next Trip-Tip, perhaps you'll visit a park that you didn't know about before. See something new and discover an unexpected bit of history. We hope that you will be inspired to take even more Trip-Tip outdoor adventures all year long!

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The Department of Conservation and Recreation (DCR) oversees over 450,000 acres of state parks, forests, beaches, bike trails, parkways, watershed lands, and dams across the Commonwealth. DCR's mission is to: *Protect, promote and enhance our common wealth of natural, cultural and recreational resources for the well-being of all.* For more information visit: <https://www.mass.gov/orgs/departments-of-conservation-and-recreation>.

### **Massachusetts Department of Conservation and Recreation**

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MASSACHUSETTS DEPARTMENT OF  
CONSERVATION AND RECREATION